

2006 Lose the Weight or Pay Weight Loss Challenge Rules

1. *The “Lose the Weight or Pay” Weight Loss Challenge* will consist of a 12-week weight loss contest. The challenge will begin the week of **June 26**. All participants must be registered by June 16 and be weighed-in prior to the start of the program. Designated times to weigh-in are as follows. All weigh-ins must occur in the State Employee Wellness Center. Those unable to weigh-in at the designated dates/times must make an appointment. ***Everyone MUST weigh in with Jill or they will not be eligible to win the contest (please call if you have special circumstances).***

Tuesday, June 20 between 9:00 – 11:00 am

Wednesday, June 21 between 9:00 – 11:00 am

Thursday, June 22 between 9:00 – 11:00 am

2. There is a **\$15 entry fee** to participate in the “*Lose the Weight or Pay*” ***Weight Loss Challenge***. Ten dollars (\$10) of each entry fee will be put in a “pot” to split among the winning participants. To be considered a winning participant, you must lose between 12 and 24 pounds between June 26 and September 17 2006. The final weigh-outs will be held the week of September 18. Those who lose less than 12 pounds or more than 24 pounds will **NOT** be entered to win a portion of the prize money.

3. All interested “losers” must use the height, weight and frame size charts to determine eligibility for participation. (See Goal Weight Establishment on page two.) Only those who meet the requirements will be allowed to participate in the challenge. There is a **\$15 entry fee** to participate in the “*Lose the Weight or Pay*” ***Weight Loss Challenge***. Ten dollars (\$10) of each entry fee will be put in a “pot” to split among the winning participants.

4. The weekly “**Meet your Fellow ‘Losers’**” walks are not required to participate in the program. Dates and times of the walks will be forthcoming.

5. The intention of the program is to change the *behaviors* that contribute to excess weight in order to achieve and maintain a healthy body weight. *Research shows that the maximum amount of FAT weight that can be lost in one week is two pounds.* This challenge does not encourage dangerous weight loss practices (i.e., starvation, use of laxatives, excessive exercise, etc.) in order to win the contest. **Therefore, anyone who exceeds the 24 pound weight loss will NOT be considered as a candidate to split the prize money.**

ELIGIBILITY AND GOAL WEIGHT ESTABLISHMENT

Steps to determine your eligibility:

1. Measure your wrist with a tape measure.
2. Find your body frame size based on the charts below:

Female Wrist Measurements				Male Wrist Measurements	
	Height less than 5'2" (less than 155 cm)	Height 5' 2" - 5' 5" (155cms - 163cms)	Height more than 5' 5" (More than 163cms)		Height more than 5'5" (more than 163cm)
Small	Less than 5.5" (140mm)	Less than 6.0" (152mm)	Less than 6.25" (159mm)	Small	5.5" – 6.5" (140-165mm)
Medium	5.5" – 5.75" (140-146mm)	6" - 6.25" (152 - 159mms)	6.25" - 6.5" (159 - 165mm)	Medium	6.5" – 7.5" (165-191mm)
Large	More than 5.75" (146mm)	More than 6.25" (159mm)	More than 6.5" (165mm)	Large	More than 7.5" (191mm)

3. Subtract 10% of your present weight. If that number does not place you below the lowest range number for your height and frame size, you are eligible to enter the contest.

Example: 5'7" female at 167 pounds and small frame. Subtract 10% of weight and the result is 150 pounds. This person would be eligible. However, if subtracting 10% resulted in a weight less than 123 pounds, this person would not be able to participate.

Note: This chart is used only to determine contest eligibility; it does not tell you your "ideal" weight. If you want additional assistance, please contact HEALTHBREAK.

Chart 1: Weight for Women

Feet	Inches	Small Frame	Medium Frame	Large Frame
4	10	102-111	109-121	118-131
4	11	103-113	111-123	120-124
5	0	104-115	113-126	122-137
5	1	106-121	115-129	125-140
5	2	108-121	118-132	128-143
5	3	111-124	121-135	131-147
5	4	114-127	124-138	134-151
5	5	117-130	127-141	137-155
5	6	120-133	130-144	140-159
5	7	123-136	133-147	143-163
5	8	126-139	136-150	146-167
5	9	129-142	139-153	149-170
5	10	132-145	142-156	152-173
5	11	135-148	145-159	155-176
6	0	138-151	148-162	158-179

Chart 2: Weight for Men

Feet	Inches	Small Frame	Medium Frame	Large Frame
5	2	128-134	131-141	138-150
5	3	130-136	133-143	140-153
5	4	132-138	135-145	142-156
5	5	134-140	137-148	144-160
5	6	136-142	139-151	146-164
5	7	138-145	142-154	149-168
5	8	140-148	145-157	152-172
5	9	142-151	148-160	155-176
5	10	144-154	151-163	158-180
5	11	146-157	154-166	161-184
6	0	149-160	157-170	164-188
6	1	152-164	160-174	168-192
6	2	155-168	164-178	172-197
6	3	158-172	167-182	176-202
6	4	162-176	171-187	181-207

Weights at ages 25-59 based on lowest mortality. Weight in pounds according to frame (in indoor clothing weighing 3 pounds). Courtesy of the Metropolitan Life Insurance Company.

If you are eligible, sign up today.

Hurry, registration deadline is June 16, 2006!